

## Effects of physical exercise on Body Mass Index in Binge Eating Disorder

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Binge Eating Disorder (BED) is characterized by recurrent episodes of eating large quantities of food in a brief period. Bouts of binge are commonly associated with a lack of control on stop eating or on what or how much one is eating. The binge eating is not associated with recurrent use of inappropriate compensatory behavior as bulimia nervosa and occurs, on average, at least once a week for 3 months [1]. BED is also associated with obesity and motor inactivity [2].

Aim of this study was to estimate the effectiveness of a structured physical activity program on the Body Mass Index (BMI) in BED patients.

19 BED women were recruited for this study. The subjects were randomly assigned to two groups: Intervention Group (IG, n=10) and Control Group (CG, n=9). All participants underwent the following measurements: height and weight, to calculate BMI (kg/m<sup>2</sup>) and participated into the weekly multidisciplinary program, constituted by Cognitive Behavioral Therapy and diet. In addition, the IG carried out a structured physical activity program for 6 months. The exercise session consisted of aerobic, balance and strength activity performed in four weekly sessions of 90 minutes. At baseline and after 6 months BMI was assessed in both groups.

Both groups improved their BMI for the influence of diet and changes in body composition but the IG achieved greater results probably for the effects of structured physical activity program.

The combination of traditional BED treatment and physical activity seem to improve the quality of life, to increase habitual activity level and to reduce Body Mass Index in BED patients.

### References

- [1] Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V), (2013) Washington, DC: American Psychiatric Association.
- [2] Vancampfort et al. (2014) Health related quality of life, physical fitness and physical activity participation in treatment-seeking obese persons with and without binge eating disorder. *Psychiatry Research* 216: 97–102.

### Keywords

Binge eating disorder, psychiatric subjects, body mass index, physical activity, women.